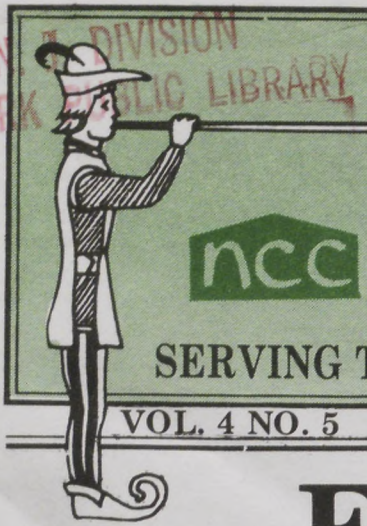




NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 4 NO. 5

NEWARK, NEW JERSEY

July, 1986

Festival Excitement Brings People Together

Thank you one and all for your wonderful help, for all your generous time-giving, for all your donated talents. It rained on our parade! however, a good time was had by all. Friday evening our Seniors had a delightful time enjoying a "Fish Fry" and all kinds of extras. Music was supplied by the senior's favorite "D.J.," Larry. Our dramatic stage show "Cry Of The People" left everyone on their feet applauding the

performers. The cast was superb and left nothing out of our enjoyment. Saturday we were indoors and hosted to a grand day by all of our friends at 180. We were entertained all day long, first by our own drill team, and then with a great show by Dinizulu and his African dancers, drummers and singers. Later on in the afternoon once again there was music by our favorite D.J. Our younger set were mesmerized



Sr. Clare Terrance (L) and Sr. Anastasia Hearn thoroughly enjoy filling dozens of NCC balloons with helium.



A thrilling moment for a member of the audience as Sandorse the Magician's assistant.

by "Sandorse The Magician" when he brought his live birds, rabbits, etc. etc to the stage in Newton Street School. Involvement of the group in this performance was a big hit. We later found many of the children trying out their own slight-of-hand.

A very special thank you to Mr. Bob West and other members of our

maintenance crew for their overall concern and assistance. It could not have happened without you!

More photos on page 3

New Community Extends Congratulations

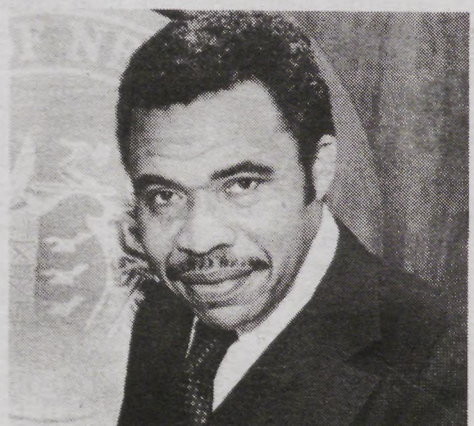
The people of New Community wish to extend their congratulations to the new mayor of the City of Newark, the Honorable Sharpe James. We offer our commitment to vigorously support all efforts of the new mayor to make Newark a better



city — where the streets are safe, sufficient affordable housing exists and there is full employment. These goals are not only laudable, they must be

attainable. Mayor Kenneth Gibson should also be thanked for the sixteen years he devoted to the city, becoming a name known throughout the United States. As the first black mayor of Newark, Kenneth Gibson played a significant role in the history of our city. The people who live in the City of Newark have spoken with their vote, as did the people who live in Jersey City. They are concerned about raising their families in a city where they can live without fear, and where decent, well-paying jobs to support their families are available and near at hand. They do not want the next generation to grow up in substandard projects and housing but in decent affordable housing of which they can be proud. They want an opportunity to receive a good education and to equip themselves for work — a chance for pride in themselves, not despair. Our seniors want to be able to walk the streets to neighborhood shopping where prices are within reason and good quality food is available, and not

be dependent on being "bused out of town" for necessities of life. These are basic human needs and must come before the brick and mortar. There is so much talk about the rebirth of the city, but the residents of the City are its heart, and there can never be a healthy City of Newark unless their needs are first met. We of New Community support Mayor Sharpe James in his commitment to Newark.



Former Mayor Kenneth Gibson

Life Improves At The Extended Care Facility

Looking back over the scant five months in which the New Community Extended Care Facility has been open we can see that many positive things have happened in the lives of our residents. To realize such progress a person must always be viewed as possessing human dignity, even in this stressful and sometimes helpless time of their lives. This makes the difference.

The response to such personal attention and care is gratifying to the staff and family as well as to the individual.

As a celebration of life we thought we would like to share with you how five of our residents have benefited since coming to our facility.

Here are their stories. **Dennis Callendar** - Prior to his admission on January 16, 1986 Mr. Callendar required total nursing care. For his own protection and safety, restraints were necessary to limit his confused activity. He was unable to communicate effectively.

A real team effort has totally changed Mr. Callendar. His own doctor and a specialist collaborated on medication and treatments. Dietary

Continued on page 5

★ A Thought For The Fourth Of July ★

On this fourth of July, when we celebrate the anniversary and rebuilding of the Statue of Liberty — a symbol to the whole world of the welcome extended to the oppressed of that world by America — we really celebrate our history.

Much time has gone into attracting tourists, a bevy of tall ships and fireworks galore to celebrate the occasion and engrave it solidly in our history books.

Would it not have been more fitting and powerful to engrave this moment in history by having Congress give us a new Immigration Bill for the occasion, signed by the Presi-

dent on the 4th of July; a bill reflecting our belief in the Lady and what she symbolizes, so that our celebration would not only recognize the glorious past but make a commitment to the future.

Would there be a more appropriate time than Independence Day also, to announce our support to the oppressed of the world by declaring to the whole world a tangible response to the oppressed of South Africa.

Freedom from oppression is not only what Lady Liberty symbolizes — it is what we must all continue to work for until the entire world is really free.

Lady Liberty And New Community Yesterday And Today

Lady Liberty and New Community: I can't help but correlate the two. Why? Because Liberty, which is our fundamental right and part of our heritage, is also the philosophy of New Community Corporation, which stresses the human dignity of each person.

The experiment that began in Philadelphia with the Declaration of Independence is a living reality, not a dead fact of history. The society that has resulted from the elaboration of that original statement of purpose continues to take seriously the principles enunciated by America's Founders, based on a fundamental conviction of human dignity and our mutual responsibilities as a people. The Fourth of July is much more than an anniversary; it is a call to accountability, a challenge to see how well we are respecting those honored ideals. Few nations have such a sense of their identity, and we can be grateful for the opportunities our freedoms have secured, even as we admit that the lofty sentiments of the Declaration have yet to be fully realized.

Indeed, the Declaration suggests that our nation is to bind itself to a discipline that always seeks to evaluate our performance in light of our stated ideals. American civic life, it seems, will always present an un-

finished agenda, as we seek to probe more deeply the nature of our human and political freedoms and their interrelationship in our life as a society. We can take satisfaction in our being a society governed by law, committed to respect the rights of all, assuming responsibility for public policy; yet we can never forget our duty to further those ideals, and never rest complacent, considering our task completed. In the Christian scheme of things, liberty is always freedom *for*, not freedom *from*, responsibility. As citizens of a land richly blessed by nature, benefiting from a system that recognizes basic rights, we cannot be content to take our freedoms selfishly for granted. They must be extended effectively to all, and equip us to share in the fulfillment of other peoples' aspirations.

Patriotism is a duty, not when it serves narrow nationalistic goals, but when it involves us in the continuing struggle to guarantee respect for everyone's sacred rights to life, liberty and the pursuit of happiness. In many ways today, the denial of these rights is real, even in our own society. May our Independence Day observance rekindle our purpose to serve a vision of genuine freedom and justice for all, and to line it out more fully here at N.C.C.

NJHMFA Seminar

New Jersey Housing and Mortgage Finance Agency recently held their Third Annual Housing Conference. N.C.C. Managers, Maintenance, Supervisor, and Social Services director were in attendance. Some very interesting seminars were held covering topics that included: Maintenance Managers, Management Skills, Washington Perspectives, Occupancy Highlights, 'Grass Roots' Social Service Programs and Legal Issues for Decision Makers.

The conference was well attended. Over 300 participants came to learn and share their own special gifts.

Mr. Joseph Chieppa, Assistance Executive Director and Mr. Fred Raffa, HMFA Director of Management gave the introductions. Kudos to Marilyn Magnes, the lady who did all the organizing.

Credit Union Welcomes Senior Advisory Board

The Senior Advisory Board of New Community has made a handsome deposit of \$4,483, into the New Community Federal Credit Union, which will receive quarterly dividends.

One of the purposes of their deposit, as one member said, is "to keep it in a safe place." The goal of the Board is to reach \$10,000 or more, through

pace for groups to join the NCFCU. They've been very successful in establishing a scholarship fund and many other activities and outings for young people.

The Board is pleased and would like to thank the Senior Advisory Board for choosing the New Community Federal Credit Union for their per-



Roberta Singletary, (left), NCFCU president, smilingly accept a check from (L-R) Bertha Whatley, Doris Crenshaw, Alma Hanks, Rosa Littlejohn, Phyllis Burton, and Marion Simpson.

fundraising in order to purchase a bus for the seniors and handicapped.

Incentives of this kind are popping up all over the membership, such as groups forming together, pooling their monies to help one another.

The Sentinels, a group who formed out of the Security Division, set the

sonal banking institution.

The NCFCU would like to extend an open invitation to all groups within our membership to join. Tenant, parent, youth organization, etc., all are welcome!!

Call our Manager for details at 623-2800.

Clarion Copies Bound



Patricia Foley, *Clarion* editor, presents NCC president Art Wilson (center) with a set of specially bound copies of "The Clarion" in St. Joseph's atrium. Looking on are, (L-R) Frank Molinaro, assistant bookbinder, Lewis Graves, and James Hayes of Newark Library's bindery department. Mr. Graves, chief librarian of the Newark Library's Springfield Branch, made the project possible by bringing together Mrs. Foley and the two bookbinders.

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THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Old And Young Enjoy Festival '86



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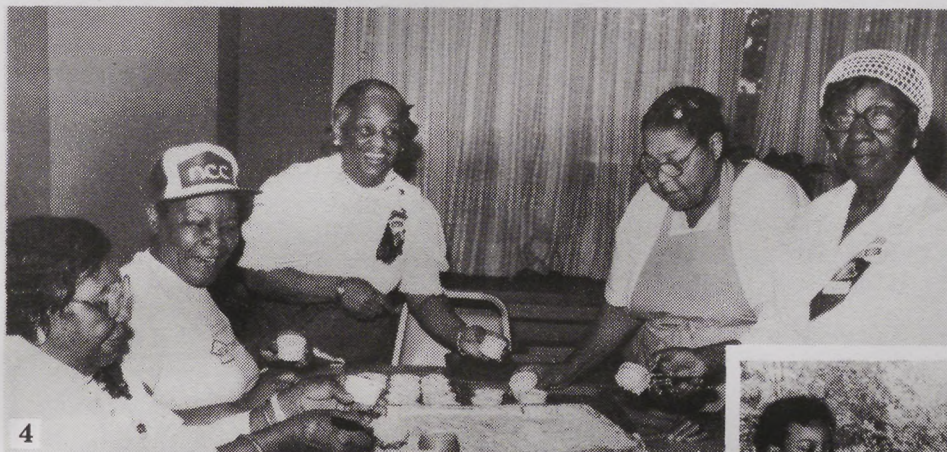


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1. The NCC Strutters in decorative formation. 2. A musical interlude from "Cry of the People." 3. Doris Crenshaw flips another fried fish into a serving dish. 4. NCC hostesses find that many hands make a fun job out of filling cole slaw cups. 5. Sheila Washington caters to thirsty revelers. 6. Joyce Holmes, masquerading as Oscar, the Social Service bear, is surrounded by young admirers. 7. Instant entertainment by an impromptu chorus line in a doorway. 8. Dinizulu and his African Dancers add a touch of the exotic.



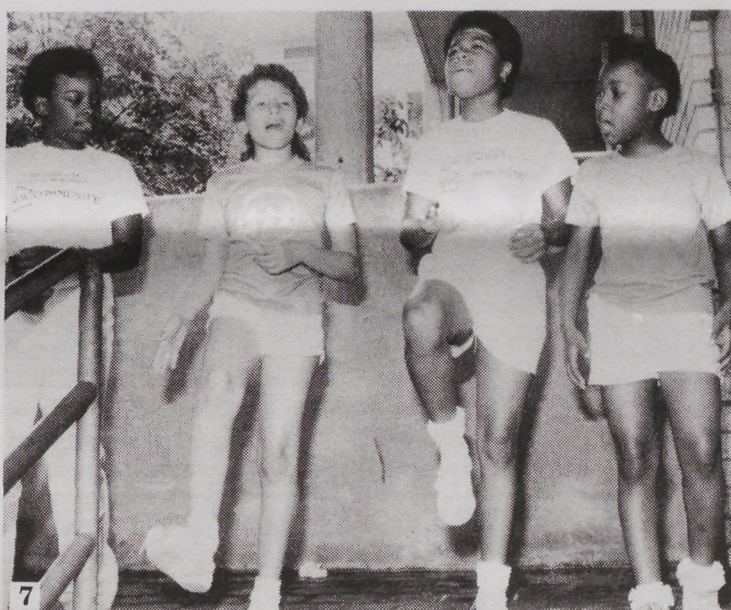
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Computer Update

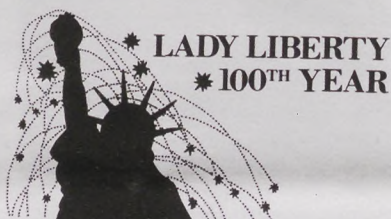
The N.C.C. Computer Center is moving full speed ahead. During the past three months the finance department has converted its operations from an outside service bureau to the NCC mini-computer. Presently all financial transactions from the beginning of the year have been entered and validated for the eight housing projects. Various management reports are being generated on demand to assist decision makers in analyzing the business at hand.

A four month parallel test of the new system was used to fully test and validate its accuracy, productivity and utility. The outcome of the testing was very positive. The in-house system includes many time-saving and error-checking features that have proven to be quite beneficial. In addition, the system provides valuable information at the command of the user. On-line searching, sorting and selecting allow management to obtain information that is relevant to a decision or issue. Previously this process would either be very time consuming or unfeasible.

In addition to the conversion of the finance department, development is profiting from the system. Several spread sheets are utilized to update and report on the states of projects. These spread sheets prove to be valuable time savers and useful information organizers.

The next phase of the implementation will involve the management division and a conversion of the property management system. Similar to the finance conversion, the objectives will be cost effectiveness, increased productivity and accuracy, and the availability of information for decision making.

Jim Rohrman



**Elizabeth F. Dougherty
D.M.D.**

Dentistry for Adults and Children
at
New Community
Extended Care Facility
266 S. Orange Avenue
Newark, N.J.

242-5737

Office Hours:

Monday 9 a.m. - 6 p.m.
Tuesday 9 a.m. - 6 p.m.
Thursday 1 p.m. - 6 p.m.
Friday 9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

Market Square Reopens In Newark

The Newark Community Tailgate Market Association reopened "Market Square" on June 26 in the parking lot of Bethany Baptist Church, 275 West Market Street.

The market, which will feature New Jersey seasonal fruit and vegetables, will operate every Thursday from 11:00 a.m. to 4:00 p.m. through the fall. Individuals will be able to purchase farm-fresh, high-quality produce at favorable prices. Food stamps will be accepted.

This is the third year of operation

of the market, which was developed to address the nutritional and economic needs of the residents of Newark and surrounding communities.

Members of the Association include Bethany Baptist Church, the Rutgers Urban Gardening Program, the New Jersey Cornucopia Network of Montclair and the New Jersey State Department of Agriculture.

For further information, call Paula Stephens at 623-8161 between 9 a.m. and 4 p.m.

Marian Simpson: A Not So Typical Great Grandmother

For Marian Simpson counting her family is as easy as 1-2-3: she is the mother of one son, grandmother of two, and great-grandmother of three. Marian, who resides in NC Commons Seniors with her husband Ralph, isn't a rocking-chair-bound great-grandma, though. She spends much of her time working for others as a volunteer in three of New Community's facilities.

Closest to home she helps out in her own building, assisting management and helping with security. She heads a monthly "Brown Bag" project which enables seniors to receive a sack of canned and dried goods for the nominal fee of \$1.50. Although the food is obtained through Social Services, it is Marian who collects the money, helps fill the bags, and then waits — sometimes for as long as six hours — until all of the nearly 140 seniors collect their goods.

Patients at the Extended Care Facility benefit from her concern when she (a great-grandmother!) pushes their wheelchairs to Physical Therapy and back to their rooms, or takes them to Personal Care for morale-boosting hair cuts and styling.

However, her absolutely favorite volunteer job is as a care-giver at Babyland III. Five days a week Marian feeds, changes, and cuddles the six to eighteen-month-old infants. Why is this her favorite? "I love working with children," she states simply. Doesn't she get attached to the babies? she replies, "Of course you do. When you walk in they look at you so brightly — just waiting for you to speak to them. Of course you get attached!"

Questions arise: Why does Marian Simpson volunteer? Where does she get the energy? She has an answer that says it all. "Whatever I do, I do



1. Marion Simpson does her favorite thing at Babyland 3. 2. A quiet moment at home with husband Ralph. 3. Lending a kind hand at ECF.



because I like to do it." Dozens of persons whose lives she touches, from babies to senior citizens are happy



that this women reaches out so generously and gives up a part of her life to become a part of theirs.

Tree Of Remembrance



The daughters of Mrs. Agnes Jones, a NC ECF resident, surround their mother beside the lovely cherry tree they donated to the Facility to honor her on Mother's Day. Director Connie Ford, left, and Ruby Anthony, R.N., join the family.



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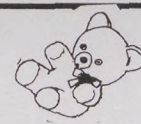
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Give A Bear For A Smile



The North Jersey Life Member Club of the Harry B. Thayer Chapter of the Telephone Pioneers of America is comprised of AT&T employees who worked in New Jersey and New York. On Tuesday, June 6, 1986 the group presented over 100 stuffed bears to the senior residents of the New Community Extended Care Facility of

Newark, NJ.

Vinnie Angelotto, Life-Member Community Affairs representative, headed up a committee of Pioneer volunteers. Included were Ray Csuha, Pioneer Administrator, President Fred Jannett and his wife Marion, Vice President Paul Murray, Dorothy and Bob Cronrath. The Committee, in

conjunction with Barbara Dyer, State Chairbear of Essex County Turtle Back Zoo, were met by Sister Patricia Lynch at the Extended Care Facility, where they personally presented a lovable bear to each senior. Dorothy delighted the recipients with her artistic clown make-up and costume, contributing a festive atmosphere to the occasion.

While the group of Pioneers have



Dorothy Cronrath, (above), in full clown attire, finds the right bear for a recipient. (right) Happiness is having a bear to hug.



worked with children, this was the first experience with senior citizens. Both the residents at the center and the donors had a wonderful time matching the personality of the bear to the personality of the recipient. (Remember: bears do have a personality of their own).

The Pioneers, in joining the "Give-A-Bear" program of Turtle Back Zoo, recognized the joy in the smiles of those seniors who received their very own Teddy Bear to hug and to love, which is the best remedy against loneliness and fear. Their smiles will stay with us forever.

Life Improves...

Continued from page 1

worked with his needs so he has gained 9 pounds. Appropriate, consistent and quality nursing care and activity time helped him turn around so that he is no longer confused.

He now is well enough to visit at home with his family and friends, an environment to which he one day may be able to return.

Dominick Guida - Mr. Guida was

bed to chair with the assistance of one Nursing Assistant. He helps with his bathing, dressing, and all activities of daily living.

Pettigrew Robertson - Mr. Robertson came to New Community Extended Care Facility on May 8, 1986, and did not adjust well initially because he had been living alone. His appetite was only fair.



Proud of their improved life at the ECF, (L-R) Mr. Callendar, Mr. Robertson, and Mr. Prendergast gather in the foyer with Mrs. Callendar (on left), who is very supportive of her husband, nursing assistant Alice Jones, and Rosamund Dean, nursing supervisor.

admitted to New Community Extended Care Facility on February 5th, 1986. On admission, he was very confused, unable to walk, feed himself or have control over his body functions.

Mr. Guida also had numerous bed sores from his long hospital stay. Mrs. Beulah Jamison, R.N., Assistant Head Nurse, and others on his floor, worked very hard to improve his skin condition. He now has recovered totally from the skin breakdown.

Since admission he has improved so that he can effectively communicate with others. He is able to walk, feed himself and control his body functions. Not only does he show respect for himself now but he is also able to extend himself to others.

Martin Prendergast - Upon Mr. Prendergast's admission to our facility on February 4, 1986 he was bedridden and unable to ambulate.

Since his admission he has gained an average of 3 pounds per month.

Mr. Prendergast can now walk from

After working with dietary and nursing staff to evaluate his eating patterns, it was decided that breakfast should be his main meal, so he now enjoys double portions.

Mr. Robertson has now adjusted nicely to his new environment and his appetite has improved greatly. He has even gained five pounds in one month!

Joshua Spruill - When Mr. Spruill was admitted to our facility on March 5, 1986 he weighed only 92 pounds and had a very poor appetite.

Since then, Mr. Spruill has made a fine adjustment to his new environment and his new lifestyle. He has also gained 33 pounds since his admission and appears happy and content with his new life.

We are happy to be able to serve our community in this way and hope to continue to facilitate and report such progress.

It is our fervent desire to help each individual "live while they live".

Buffet For Volunteers

On May 29th, a special buffet supper was held for the Volunteers of New Community Extended Care Facility and Medical Day Care. More than thirty volunteers attended the celebration. All were surprised at the 1,440 hours donated by them to our residents, participants, and visitors, since January of this year.

Also celebrated was the election of the first officers of our newly formed Auxiliary - Volunteers of New Community Extended Care Facility. Officers are: President, Laura Harroll; 1st Vice President, Roberta Singletary; 2nd Vice President, Ruby Marshall; Secretary, Clotilda Harris; Treasurer, Gloria Allen.

Ms. Harroll after 40 years in the business world volunteered at the Extended Care Facility "to enrich my retirement years by providing a personal service in a manner which will reward myself and my community." Ms. Singletary was one of the original parents of Babyland and the first parent on the Board of Babyland. Her volunteer work is in addition to a very active life which includes working for the Newark Board of Education and being president of the New Community Federal Credit Union. Ms. Marshall also has had a full work

life and is a N.J. certified Home Health Aide. An L.P.N., Ms. Harris offers her volunteer work in addition to her time spent as "a proud parent to daughter Glenda" and her full time position on the staff of the E.C.F. where her husband Leslie also works. Ms. Allen has been affiliated with hospitals as part of her work experience and is now retired and works as a volunteer in the gift shop.

All of these generous women make time for the Extended Care Facility Volunteer Program because of their concern for human dignity and we are very, very grateful to them for accepting the responsibility of being the first officers of our auxiliary.

Volunteer service at New Community Extended Care Facility has been established to develop and maintain an efficient and humanistic corps of women and men who offer an extra dimension of care and service to residents and participants, empathy for family and visitors and supportive services to the staff of our facility. Volunteer services augment those of the paid staff.

If you would like to join our group please call Sister Patricia Lynch at 624-2020.



(top) All the volunteers pose together for a group portrait. (bottom) The first officers of the new Auxiliary Volunteers of NC Extended Care Facility line up in formation L-R: Sr. Pat Lynch, Ruby Marshall, Roberta Singletary, Laura Harroll, Clotilda Harris, Gloria Allen, and Connie Ford.

Employee Of The Month:

Sylvia Lyon



Sylvia Lyon

Born in Atlanta, Georgia, Sylvia Lyon attended school in Jersey City. She has 5 children and presently resides in Newark.

Sylvia worked in Atlanta as a nursing assistant for 24 years. Four years ago a heart bypass operation rendered her unable to continue the heavy lifting that was an integral part of her job, and she decided to switch to a dietary career instead.

Sylvia joined the staff of the Extended Care Facility upon its opening in December, 1985, as a dietary aide, and recently advanced to the position of cashier. Sylvia particularly enjoys the people contact her job affords her, as well as the opportunity to prepare attractive dishes for people who enjoy her creations.

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Growing Up

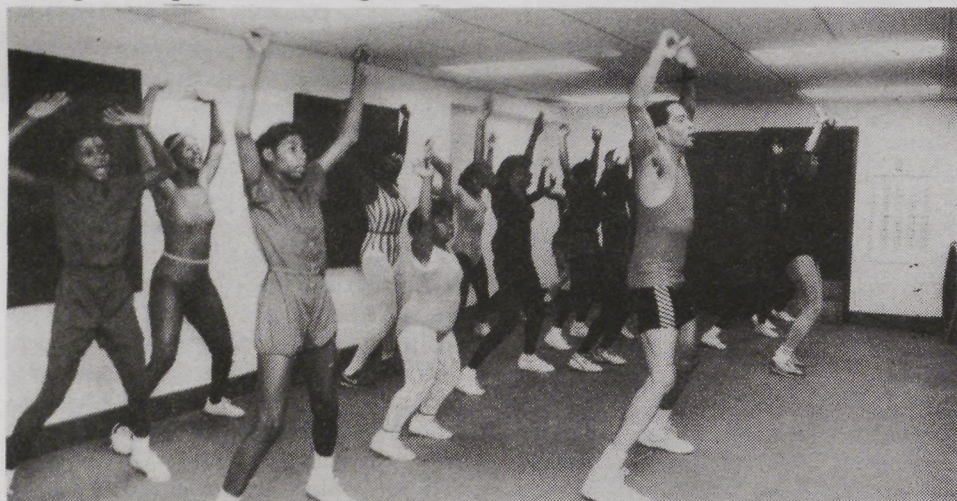
Becoming a young lady of twelve (12) to fifteen (15) is very important. As part of a learning field trip, two groups of female students from the Avon-Avenue School Corrective Physical Education classes visited the New Beginnings, Spa and Wellness Center at St. Joseph Plaza.

These young ladies in their Posture Improvement Classes at the Avon Avenue School are taught to correct their posture problems through exer-

cise. In their corrective classes, there is an Individual Exercise Program established for each student. The field trip to St. Joseph's proved to be one of the greatest workouts. It also served to reinforce the body of knowledge in exercise physiology that they had learned in their corrective class.

Thank you.

The Avon Avenue School Corrective Physical Education Classes
Linda Parks



Young ladies from the Avon Avenue School enjoy a thorough workout at the Spa.

A New Beginning

Five months ago Doriska Potter joined the New Beginnings Spa & Wellness Center. She was overweight, out of shape and her energy level was very low. She didn't want to be and feel that way. If wishing could take pounds away, she would have been skinny as a rail.

Doriska was a member in many different non-athletic clubs and was content with more sedentary life style up to now.

She had always been slim until she stopped smoking cigarettes. She smoked her last pack and a half in one evening until she got so sick she



Doriska Potter

never wanted to see a cigarette again! Anyone who has tried to stop smoking knows how hard it must be to diet too. She gained two or three pounds that first week after quitting and from that point her weight continued to increase week by week until she realized she had gained over 30 pounds.

One afternoon, while engaging in her usual routine of sitting around, watching a boring rerun and eating chips by the handful, a penetrating sense of disgust and frustration hit her hard. She realized that she must begin a change.

At that time Doriska was employed at Dr. Phillips Medical Clinic. She consulted him about her extra weight. Because of the fact that she gained over 30 lbs. and had so much to lose, she felt she should do it correctly with professional help since Dr. Phillips is a member of New Beginnings Spa. He recommended her to the facility. After taking a tour she was so impressed that she decided to join. The Spa was within her price range and conveniently located.

On her first orientation a fitness consultant sat down with her to discuss her goals. She weighed in and the scale shouted 176 pounds! Seeing those numbers stuck in her mind. An individual exercise program plan was designed for her, also nutritional guidance suggestions and we provided lots of encouragement. Because she attended the Spa regularly three to four times a week she was able to increase the amount of exercises within a month.

After a good exercise program and diet regimen she is now 30 pounds lighter and over all 29 inches smaller. She has more energy than she had in years and the best part of it, she said, was that it was fun.

Such a dramatic physical change, and, more important, the dramatic mental change in strength and determination can sometimes have a profound effect in those who are closest to us. In the beginning her family was unsupportive because they were worried that she was going to starve herself and become ill. However, when they saw the difference in her size and her self-esteem they gave her a great deal of encouragement, and it's a lot easier to accomplish your goals when you have the support of those you love. She remarked, "I have more energy now than I've had in years."

We're very proud of Doriska Potter and wish her a happy and healthy future.

The Winners

Congratulations To All Spa Winners

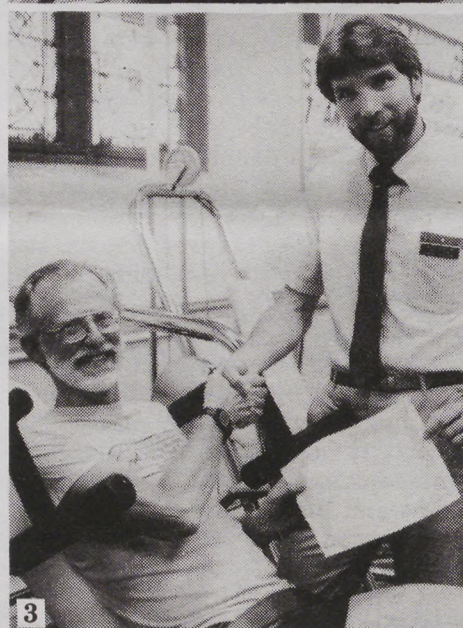
Aerobithon - Anthony Austin;
Weight Lifting Contest - Richard Bleeker; Most Consistent Member - Michael Kochka; Member Of The Month - Ardis "Ann" Blake; Best Dish Contest - Perry Delany; Shiatsu winner - Richard Bleeker; Achievement Contest - Mike Kochka.



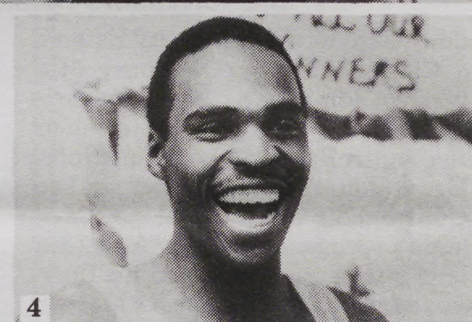
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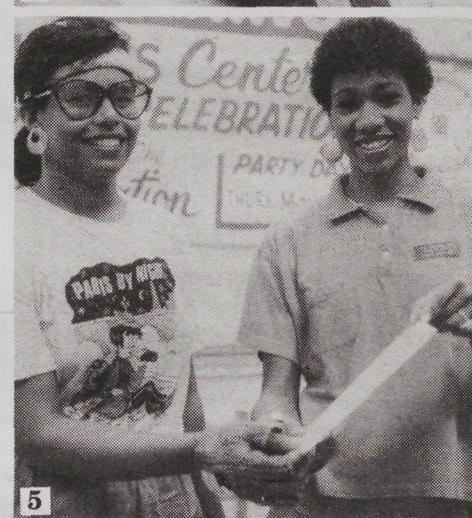
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1. Perry Delany 2. Marie Damestoir congratulates Mike Kochka. 3. Richard Bleeker receives his award certificate from Kerry Gillespie. 4. Anthony Austin 5. Ardis Blake enjoys her moment of glory.

A Note Of Congratulations

A satisfied member is always a pleasure to hear from so we are happy to pass on a letter recently received by our Spa.

Dear Marie:

Right away, I want to offer hearty congratulations to you on the occasion of the first anniversary of the New Beginnings Spa & Wellness Center.

My three months of membership have made me an enthusiastic sup-

porter of your program. The facilities are of top quality, and well maintained. The staff are friendly and competent. The pleasant atmosphere is conducive to a good workout.

I've found that my involvement in the program is giving me new energy, as well as a greater sense of overall fitness. My only suggestion — keep up the good work.

Cordially,
Richard W. Bleeker

ATTENTION ALL TENANTS
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623-2480

Transportation to NCC Health Care Center will be provided for your convenience.



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(201) 624-7373

When You're Hot You're Hot!

Well it's that time of the year again — Summer! Everybody will be getting involved with outdoor activities and with that we need to think about the problems heat can cause! Activities such as walking, jogging or even playing golf require muscular activity, which in turn produces heat. When the atmosphere is cool it is easy for the body to regulate its temperature; however, if you are working in a hot (and humid) atmosphere, the regulation systems will not work as well at all.

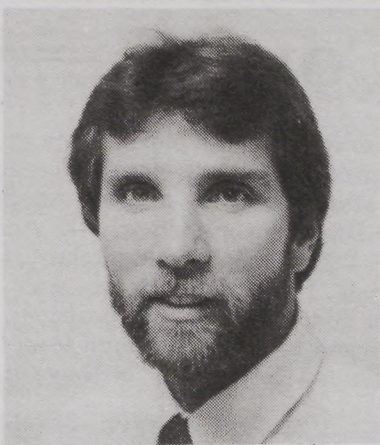
Body temperature during exercise is almost entirely regulated by sweat evaporation, with a small contribution from respiratory heat loss. As you become more acclimatized to the heat, you will begin to sweat sooner, and this is good. Besides the obvious advantage of a lower body temperature, the person with a low body temperature can perform *better* and *longer*. This is due to the fact that high body temperatures will speed up the onset of fatigue.

Your body temperature, like the temperature of the engine in your car, is controlled by water. This water in your blood is the same as the water in the radiator of your car. The blood (water) circulating throughout your body, flows near the working muscle and picks up heat that the muscle cells are giving off. The blood then flows out to the skin where it can be cooled by the cooler air around the body. Your car works the same way: the water circulates around the engine, picks up heat and carries it back to the radiator where it uses air going through the coils to cool it.

For this reason, it is important to maintain the water level in your body. When your body becomes dehydrated or when you are in a very hot, humid climate where your sweat will not evaporate in order to cool you down, your body temperature will go up. In order to protect itself against serious damage, the body will begin to feel fatigued, so that you will stop what you are doing and allow it (the body) to cool off.

The complications that occur (if you do not *listen* to your body), start with *heat exhaustion*, which is characterized by moderate to severe sweating, fatigue, nausea, headaches and even mild confusion. A person in this condition should rest immediately and should start fluid replacement.

The next phase is *heat stroke*, which has active sweating with significant disturbances in mental states ranging from disorientation and bizarre behavior to rapid loss of



by Kerry Gillespie,
Exercise Physiologist

consciousness. This person needs medical attention and should be transported to the hospital. *If these conditions are not cared for, death will follow.*

As important as it is to make sure you get plenty of water in hot weather, it is equally important that you *decrease* your salt (sodium) intake. Sodium in the diet will cause you to lose potassium, which is essential for proper heart function. So keep your potassium level up (with bananas, chicken, oranges and potatoes) and your salt (sodium) intake low.

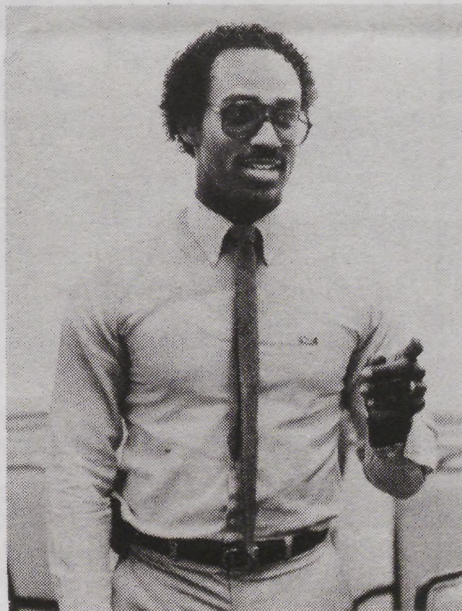
To avoid heat related problems you should remember a few guidelines:

1. You should not attempt strenuous activities that you are not trained for (no matter what the temperature.)
2. You should eat balanced meals for proper potassium/sodium balance.
3. You should be properly hydrated before activity.
4. You should replace fluids periodically during activity, (Note: sugar will slow the absorption of fluid into the system; water is best!)
5. If you have hard work you must do, get it done before the heat of the day!

Keep in mind that if you can't stand the heat — don't be afraid to get out of the kitchen.

Getting Down To The Bone

That is exactly what Bruce Greene, M.D., did with his lecture on Osteoporosis. Dr. Greene, who is a primary practitioner in the Dept. of Family Practice at United Hospitals, presented the latest information on this bone degenerating disease. He discussed causes, preventions and the



Dr. Bruce Greene

FOOT FACTS:

Summer, Though Fun, Can
Be A Pain In The Foot

Office Hours at St. Joseph's Plaza
9 - 12 Mon. 9 - 12 every 2nd & 4th Sat.

Most everyone looks forward to summer as a time for fun and vacation. Podiatrists, however, know that feet become extra active during warm weather months and more vulnerable to hazards associated with leisure living. But don't worry or despair. Feet can survive an active summer, and the following hints are offered to help keep you on the beach, golf course, or putting in the back yard.

Barefoot walking is public enemy number one. This warm weather custom, especially popular among children and teens, exposes feet to many hazards, including glass, wood, stones and metal fragments which lie in wait for shoeless pedestrians. The practice also increases the chance for a virus infection, such as plantar warts, which require professional care.

Podiatrists admit, however, that people will continue to walk barefoot despite the warnings. Therefore, caution is advised, followed by first aid and professional care when an injury occurs. And keep a pair of thongs or sandals nearby in case the road gets rockier than your feet can stand.

Athlete's foot and other fungal infections are also common to children in warm weather, and podiatrists advise keeping feet clean and dry, using a good foot powder, wearing well fitting and absorbent socks, and allowing sneakers to thoroughly air dry

Dr. Kenneth
Frank
Podiatrist



before re-use.

Adults, of course, should heed the same advice. They should also develop a healthy respect for power lawnmowers, which have been known to cut and even amputate toes. It's smart *never* to mow your lawn barefooted. Fast spinning mower blades can turn a stone or nail into a bruising or puncturing projectile.

Here's the bottom line: A professional examination will take care of any pre-existing foot condition, and common sense and personal hygiene will go a long way to keep you and your family on your feet without pain. It's a proven prescription for a super summer for both you and your feet.

BEWARE THE MYTH

Common misconceptions about foot injuries can aggravate problems. One unfounded belief is that fractures of the small toe—a common accident—do not require professional attention. On the contrary, if the broken toe heals in a bad position, a painful corn can result and surgical correction may be required. It pays to be suspicious of any injury to the foot.

Wrapping a severely sprained ankle with an elastic bandage is not adequate treatment. Ankle sprains often mean torn ligaments which must receive immediate care—such as professional taping—to limit motion and speed normal recovery.

Health Care Update

One day not so very long ago as I walked, briefcase in hand, from my car towards the front door of our Extended Care Facility, our security guard met me halfway. Not only did we exchange morning greetings but he wanted to warn me that "a lady from the Department of Health" investigating a complaint was waiting for me. Never quite knowing the unforeseen challenges of the day, I took a deep breath and prepared myself for the worst.

I soon learned that one of our residents who felt that she was not being fairly treated, indeed had exercised her right of reporting us to the State. We, in fact, supporting her rights, not only gave her the stamp, but also mailed the letter — with her complaint.

When one is involved in the delivery of health care, survival is

interaction of calcium in the process of bone formation. Dr. Green also showed X-rays of the spine that really illustrated the main points of his talk.

The lecture took place in the conference center at St. Joseph's Plaza on Wednesday June 25, 1986. The topic was very well received, but the feature that made the evening complete was the question and answer period. This gave the audience an opportunity to ask the questions they were most interested in, which is the main purpose of the lecture series.

dependent upon one's ability to be flexible and to prioritize. That morning our schedules abruptly changed to meet the immediate need. Members of the administrative team gathered to hear the complaint and verbally respond to the accusations. The investigator, herself a nurse, then met with the complainant, visited her room, and thoroughly examined her medical record as well as other supporting documentation. After over three hours, her findings were then submitted to me in writing. The results showed that the complaint was not valid.

Regardless of the results of the investigation, the importance is the process. The mechanism which is in place to help protect patients within health care facilities is in fact effective. Standards of care should be enforced. Relatives, friends or patients themselves should be responsible; it is most appropriate that methods in place be utilized to help promote quality in health care delivery.

Connie Ford, R.N., M.P.A.

NC Commons Seniors

The Oldies, But Goodies and 140 Club barbecue was a huge success. There was so much delicious food, from ribs to chicken, we were all stuffed.

The 140 Club celebrated Fathers Day with gifts to the oldest Father, Father with most children and the youngest Father.

Connie Wise

Security Corner

NCC Security Participates in Black Heritage Day Parade and Hands Across America

On Sunday, May 25, 1986, at approximately 2:55 P.M., the NCC Color Guard with NCC Blazer #3 and a van from the Extended Care Facility were stopped by Black Heritage Day Parade Committee Chairman, Curt Culbreath, directly in front of the Newark City Hall reviewing stand, as the entire nation prepared itself for the Hands Across America ceremonies.

At that point Security Director James E. DuBose, Cpt. Sherrie Eure, and essay winner Scott Brown, alighted from the Blazer. Van occupants Security Officer Wilson de Jesus, Mr. Paul Braxton Sr. (an 81 year old tenant of the Extended Care Facility) and eleven members of the NCC Security Youth Program also stepped out and joined hands as the wave of the memorable occasion made its way down Broad Street. Since NCC employees and residents were directly in front of City Hall they were seen representing NCC on nationwide TV. The parade stopped for approximately twenty minutes as We Are The World, the Hands Across America Song, and America the Beautiful were played simultaneously on every radio station in United States.

As orders were given for the parade to continue, congratulations were given by the parade announcer, Newark Star Ledger reporter, Edna Bailey to the NCC Color Guard for not having moved during the entire ceremony. She congratulated them on their professionalism and discipline.

Upon returning to the Extended Care Facility Mr. Braxton, elated on participating in this event told us, "it was an honor to be a part of this historic event. I had always wanted to be in a parade, and here it is. I was part of the Black Heritage Day Parade and the Hands Across



Paul Braxton Sr. (center) gets a helping hand from S/O Wilson de Jesus (right) and Sgt. John Jackson.

America event at the same time. I felt I had to go when asked, for there were those who were unable to represent the institution where I am presently residing. (NCC Extended Care Facility). I thought it was a very unique affair because so many people played a part to make it a success. It shows the spirit that prevails at this time. it was a unanimity of feeling...The need to get together to help the poor. I shall

never forget how it elevated my spirit of concern and the feeling I experienced standing there holding hands." Mr. Braxton was formerly the Assistant Librarian at the Montclair, New Jersey, Public Library. He was the first Black to hold that position. He is also a retired technician from the Celanese Corporation of Newark.

Sgt. Anabu Receives Masters Degree In Art Education

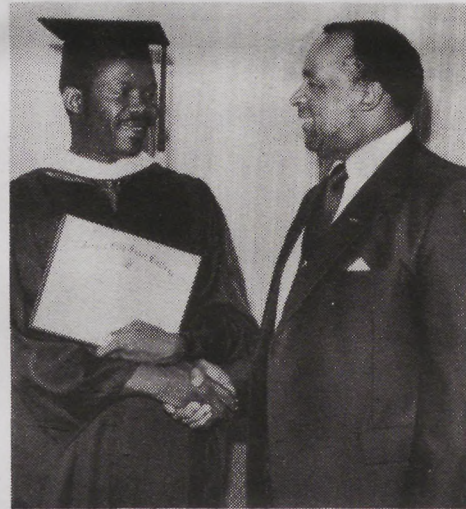
On Thursday, May 29, 1986, NCC Security Sgt. Robert Anabui received his Masters Degree in Art Education from Jersey City State College. The very impressive ceremonies were held in the Margaret Williams Theatre on the College Campus. Sgt. Anabui, also received his Bachelor of Arts Degree in Special Commercial Design from Jersey City State.

Sgt. Anabui, is a native of Benin, Bendel State, Nigeria. He came to the United States on December 8, 1974, after having received Red and Gold Seal Diplomas in sales management at the National School of Salesmanship in Stockport, London, England. He attended the Midtown School of Business in New York City for two years and graduated with an associate degree in Business Administration in 1977. He also attended Essex County College and graduated with an associate Degree in Arts in 1979.

Sgt. Anabui is married and the father of three children. He joined NCC Security as a security officer in 1983 and rose to the rank of sergeant after three months of employment. During his employment he has maintained an excellent record and has received the following awards: the

Medal of Honor in 1985, and in the same year a certificate from the Newark Police Department for single handedly apprehending two armed suspects; in 1986, he received two Meritorious Service Medals and two awards for Honorable Service.

Sgt. Anabui has continuously worked the 12:00 am. to 8:00 am. shift, so as to attend classes full-time, in order to complete the Masters program. In addition to Sgt. Anabui's responsibility as a supervisor, he is also a board



Sgt. Anabui gets an admiring handshake from Security Director James Dubose.

member of the New Community Federal Credit Union. NCC Security is extremely proud of Sgt. Anabui's accomplishments.

It is a policy of NCC to encourage all employees to further their education so they can enhance their future. Security adheres to this policy by cooperatively arranging work schedules to coincide with an individual's work study schedule.

Little Things Add Up

It was near Passover, and many on their way to Jerusalem, sought to see and hear Jesus. They had not found time to eat, and a disciple wanted to send them away to seek food elsewhere but Jesus dissented saying that the people would be fed. Andrew, another disciple, said to Jesus, "there is a boy here who has five loaves of barley bread and two little fishes which is much to little to feed so large a gathering." Jesus told the disciples to divide the people into two groups and seat them. Then Jesus took into his hands the five loaves and the two fishes, blessed the food, fed the five thousand men, besides the women and children, and had twelve baskets filled with food left. A little food added up to much.

Millions of little tiny animals add up to make a coral reef, limestone formation. When these animals die, they leave limestone 'skeletons' that form the foundation of barriers and ridges in the sea. The many little coral-forming animals color the formation in beautiful shades of tan, orange, yellow, purple, and green.

In this case as with many others, there is a tendency for people to take notice of the finished product without taking into account the many little ingredients, components, and efforts that went to produce the whole. One may enjoy the song for instance, and not be aware of the many musicians

playing various instruments — each proffering his little contribution toward the total desired musical sound.

An old Arabian fable says that one cold night a camel thrust his nose under the flap of an Arab's tent. "Let me keep my nose in your tent," he said. "It's so cold out here." The Arab gave his consent and went to sleep. Awakened a short time later, he found, not only the camel's nose, but his head and neck as well, inside the tent. At the camel's further request the Arab permitted him to place his forelegs inside. The camel had one more favor to ask: "It's so cold. May I stand wholly within?" "Yes, yes" said the Arab. "Come wholly inside." The Arab went to sleep again, this time with difficulty because there was so little room. When he woke up he was out in the cold. The camel had the tent to himself.

The fable teaches a lesson. Often some small failing begins to grow. If we do nothing to counteract it, the time may come when that one sin has grown so large as to crowd out our lives much, if not all, of the good, for little things add up.

There is another story about a scant crew, on a storm-beaten shore, attempting in vain to launch a lifeboat in order to rescue survivors of a sinking ship. But their combined strength

was too little, and so they sent to the village for help; however there was nobody left but one poor cripple. He might have said, "What can I, a poor cripple do to launch a lifeboat?" but he didn't. He joined the crew and added his weight. This added effort was just what was needed to move the resting mass which slid along the sands and in a few moments was out in the roaring tide. That one little exertion of a poor cripple launched the

lifeboat and saved the shipwrecked sailors.

No matter how little you may have, no effort is too small when you use what you have to do good.

Little things add up.

Lewis Graves
Springfield Branch
Newark Public Library

A CHANGE OF PACE

ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.

Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL
From 5:00 P.M. until 11 P.M.
SCRUMPTIOUS BUFFET

Cash Bar

St. Benedict Prep Players At St. Rose

The St. Benedict Prep players presented a musical based on Aesop's Fables at St. Rose of Lima on May 23, 1986.

Ms. Patricia Flynn, the director, mentioned that the music and the script were written by two gentlemen in New York, who worked in professional children's theatre, and who

ting a career; Tim Peter, a Junior who has been involved in the theatre since the Freshman year, and who played Aesop; Bret Greenleaf, a Senior, who plans to go to College in Fayetteville, N.C., (after that he wants to transfer to California where he can continue to act professionally); Michael Kling, a Senior, who will be



A climactic moment in the St. Benedict Prep Player's production of *The Tortoise and the Hare*.

adopted this play especially for St. Benedict's Prep.

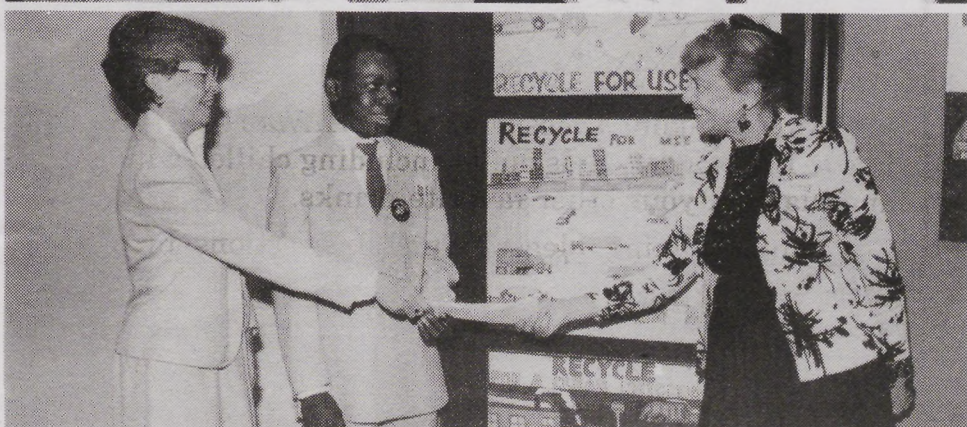
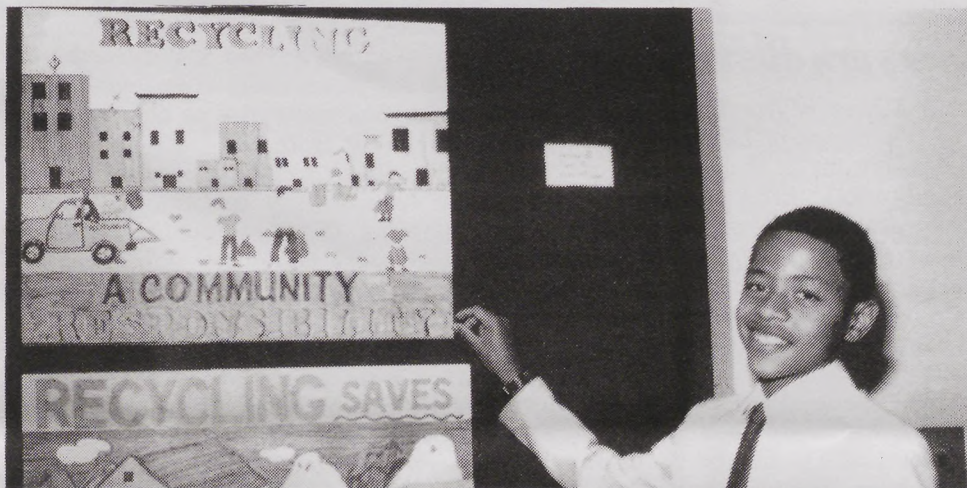
Ms. Flynn has been involved with the Drama Guild at St. Benedict's since the age of 16. She came back as a teacher when St. Benedict Prep reopened. She taught an acting class in 1972, and has been teaching acting off and on ever since.

There were ten players in all: Shawn Mitchell, L.D. (lower division, 7th & 8th graders); Joshua Fennell, an 11th grader, who plans to make ac-

working for St. Benedict's for awhile but has plans to get a job at A.D.P. as a Computer Operator; Joe Almeida, a 7th grader; Vernon Brewster, an 11th grader; Jason Wilson, L.D.; Greg Brown, an 8th grader, who became interested in theatre by watching T.V.; and Keymonte Crooms, an 8th grader.

St. Benedict's Prep deserves to be commended for performing this and similar theatrical programs every year for the Parochial Schools in the Newark Archdiocese.

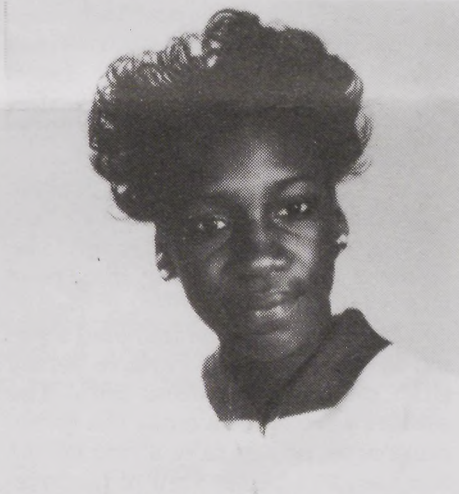
Recycling Poster Contest



Winner's Circle: Two proud Newton Street School students are honored during PSE&G's recycling poster contest awards ceremony on June 13. Derek McLean (top) points to his winning creation while Derrick Hurt (bottom) receives his award from Joan Foster (left) and Dr. Ruth Assarsson.

St. Rose Of Lima Commencement

On Sunday, June 15th at the 10:30 a.m. Mass, St. Rose of Lima School class of 1986 held their commencement exercises with Dr. A. Zachary Yamba, President of Essex County College as the Keynote speaker. "It is very easy to blame your parents as your instructors for your inadequacies," Dr. Yamba reminded the graduates, "but in the final analysis, it is *you* who must take full respon-



La Tasha Hay

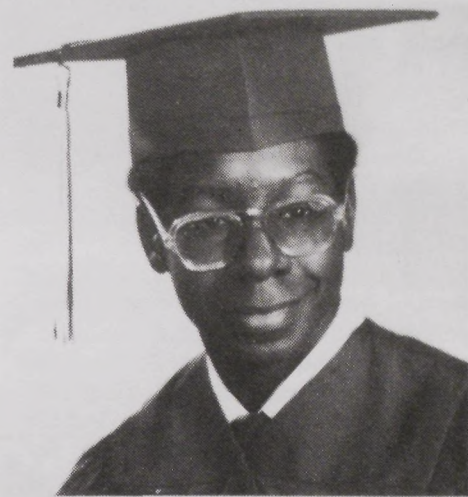
sibility for your actions." Using the classic parable of the talents, he also stressed to the graduates, the importance of making the best of opportunities that will come their way. "You must," he said "resist any influences that to these ends are counter-productive."

The Valedictorian address entitled "Let Love and Knowledge Be Our Guide" was delivered by La Tasha Hay. "Knowledge, if not properly used," she advised "would become like a driftless sail floating with the tide." She chose that topic because it was the class theme for the school year. La Tasha credited the newly instituted Service Corps project as being the greatest in-school program in which she was ever involved. "It gave me experiences that were most unique and rewarding." Working as a student assistant with Mrs. Connie Ford, Executive Director of the New Community Extended Care Facility, La Tasha was so impressed that she has since returned as a summer volunteer

to continue servicing in that position. She will enter St. Vincent's Academy for girls in the Fall.

Rodney Reese (whose mother, Lemira Reese, is a manager for New Community Corporation) received the class honor of Salutatorian, the second highest academic award. In that capacity, Rodney introduced the guest speaker for the occasion.

Each year, St. Rose of Lima Parish gives to the family of one of its male graduates a four year full-tuition scholarship to Seton Hall Preparatory. This year, the family of Rodney Reese is the recipient of the scholarship fund. The student must maintain a C+ average or above to



Rodney Reese

receive each year's benefits.

Others awards for outstanding performances are as follows:

Attendance - Michael Burton; Sportsmanship - Carlos Roman, Karla Simmons; Effort - Byron Dixon, Michael Curry; Service - Kim Harrell; Merit - Tonya Wilson; Spelling - Maxine Parris, Melissa Willis; English - Timothy Leach, Alisa Person; Religion - Jennifer Davis; Science - LaTasha Hay, Rodney Reese; Music - Michael Anabui; Mathematics - Edgar Nemorin, Michael Anabui; History - Jennifer Davis, La Tasha Hay; Reading - Jennifer Davis, Rodney Reese; Apostolic Service - George Baldwin; First Honors - Michael Anabui, Jennifer Davis, Edgar Nemorin.

St. Rose Junior Choir Popular

The St. Rose of Lima Jr. Choir is on the move. Not only do they enhance the Sunday masses, they, with the individual music classes, are showmen as well. Proof of their versatility was witnessed by many as they performed their annual fashion show on May 29, 1986 and their end of the year production June 12, 1986. Both performances took place in St. Rose of Lima School Auditorium.

The theme of the fashion show was "Back to the Fifties." Going back to the Fifties for these children, meant learning all the dances of that Era: "The Twist," "The Mash Potato," "The Slop," "The Bop," "The Jerk," the "Mambo," the "Cha-Cha" and others. The experience was a most enjoyable one and the fashion show was a huge success.

"Around the World on a Star" was the theme of the end of the year cultural production. For this variety show, students were selected from Kindergarten to the 8th Grade. Transported by a star, each traveler

took a fantasy trip from Siam to the Moon, performing songs and dances as they made several stops along the way.

Daphne Anderson, a 7th grader, sang *Fly Me To The Moon*. Stacy Stewart, a 4th grader wanted to find *The Wiz* as she sang *Ease on Down The Road* with Franklin Francis, as the Lion, George Baldwin, as the Scarecrow, and Rodney Reese as the Tin Man. La Tasha Hay, an 8th grader told her where to find *The Wiz*, in the song *He's the Wiz*.

Both productions took a lot of work but were enjoyed by all the participants.

The group will take a rest from performing to view a show on June 21, 1986. Arrangements have been made for the entire group to travel to Neil's New Yorker to have lunch and view the musical play "Seven Brides for Seven Brothers." We could say they are working while at play — doing research for next year's production.

Emily Ross

At Your (Social) Service

by the Staff of NCC Social Services Department

Senior Programs

"New Bus" Project

A successful fundraiser for the NCC Senior Bus Project was held on Friday, June 6th. This affair was sponsored by the N.C.C. Advisory Board for Seniors, Handicapped and Disabled. This body represents the "Core" group of the entire senior population of N.C.C. They are special individuals with representation from all the senior buildings who work hand-in-hand with the Social Services Department of NCC to help make decisions on programs, activities, and other pertinent issues that will help improve the quality of life for the overall senior population.

Under the very capable leadership of Alma Hanks, the group president, this committee of ladies and gentlemen, meet together once a month for such planning.

The Bus Project was first started in October of 1985. At that time the board decided that they would like to have a brand new bus in which our seniors could ride; one that would provide the safety and comfort that our seniors so greatly deserve! They just didn't stop there, but rather asked the question "What can we do for ourselves to help get this project started?" An answer came rather quickly, for it was the consensus of the entire group to set up a large project in which everyone could participate (even non-board members). The purpose of the project was to raise a substantial down payment that could be used towards the purchase of their "New" Bus — not just any bus but one that would serve the needs of all residents. *Senior, Handicapped and Disabled*.

This project was spearheaded by board member Doris Crenshaw (known to many as "Lady D"). Talk about organizer...? This is the lady that knows what to do, how to do it, and knows who to see about getting it done!! The board members are working very hard in an effort to reach their goal. It was announced at their June meeting that they are nearly **half way** to their goal of \$10,000.

Board member Helen Vaughn took on another special project to help raise money for the bus. Last month she coordinated a bus trip to Atlantic City. With the cooperation of the other members she was successful in taking not one, but two buses down to the casino. Part of each ticket sold was donated to the Bus Project. Every one had a *great* time; there were even a few lucky winners!! The board wishes to thank everyone for their support, and a "special" thanks to Madge Wilson for assisting the residents with transportation both to and from their buildings. She is a true humanitarian!!

The Board will be sponsoring more fund raisers throughout the year until their goal is accomplished. How's that for DETERMINATION??

Keep on Board members... "For if God be for you...who then can be against you?" Well done good and faithful members!!

The Senior Advisory Board will not hold any meetings during the months of July and August, but will resume

their regular meetings on the second Tuesday in September, at which time new officers will be elected. The date, time, and location will be forthcoming.

Bus Trip

June 25th was "Senior Citizens Day" at Shea, and NCC Seniors were right there watching the Mets take on the Montreal Expos. Wow...What a game!!! There was laughing and shouting. Opal Wesley of NCC Associates kept shouting "Strike 'Em Out."

The Seniors traveled in style aboard a deluxe air-conditioned bus, which we received through the Newark Office on Aging. Everyone had a fabulous time.

Other trips for June included a picnic outing at Liberty Park, in Jersey City, on *Saturday June 28th*. The seniors were able to enjoy the swimming area, or just take a ride on the ferry to get a better view of the lovely *Ms Liberty*, who has been recently done over on time for the *Independence Day Celebration!!*

Camp Program

The Salvation Army is sponsoring their Annual Senior Citizens Camp Program up at Camp Tecumseh, located in Pittstown, New Jersey. The dates are *Saturday, August 16th through Friday, August 22nd*. A full week of fun and relaxation. Each year, for the past four years our seniors have participated. This year more than (20) residents have signed up to attend the camp. If you are interested please call NCC Social Services for more information.

Country Resort Trip

A Bus trip is also being planned for Mount Haven, a country resort and restaurant, located in Milford, Pennsylvania. Reservations will be on a first come first served basis. The trip will consist of a two meal plan and the schedule will be as follows:

—Leave Newark at 7 a.m. to arrive at 10:30 a.m. and relax in the beautiful new Garden Room.

—11 a.m. - Buffet Breakfast

—Til 2 p.m. choice of activities

—2-3 p.m. live entertainment

—3:30 p.m. Gourmet Country Dinner with a complimentary glass of wine.

Free Activities include: first-run movies, swimming in the outdoor pool, tennis, shuffleboard, outdoor miniature golf, bocci, card playing, checkers, dancing, bingo and much, much more.

Please call Social Services for more information at 624-6114.

We wish all a safe and enjoyable summer!!

Gloria Newsome

Medicare Toll-Free Information Services 1-800-624-4739

Central Jersey Health Planning Council Inc. located at 451 Wall Street, Princeton, N.J. has available a Medicare Toll-Free Information Service.

This statewide service is designed to increase the public's access to information about Medicare, health insurance, HMO's, second opinions,

Youth Basketball League

The N.C.C. Summer Youth Basketball League is now accepting applications for the team. There are three divisions: I - 10-13 years old, II - 14-16 years old, and III - 17-over. Also all girls are invited to participate in either Basketball League or the 3 on 3 competition.

United States Youth Games: Trials for the U.S. youth games for youth ages 9-15 years old. Residents of the Newark area and vicinity are eligible to compete for the U.S. Youth Games National Championship July 29 - August 3 in Birmingham, Alabama.

The games will be offering preliminary competition during June and July in sports events, in volleyball, basketball, swimming, track and field, tennis and bowling.

All participants must be 9-15 years of age as of August 4, 1986.

All interested should contact the Newark Department of Recreation and Parks or Eladio Negron at N.C.C. Social Services for registration forms.

Summer Youth Program

We are now accepting applications for our NCC Summer Youth Programs. If you have children between the ages of 5-13 you can afford them the opportunity of a full day of activities including breakfast, lunch, education enrichment and several bus trips to places such as Sandy Hook, Great Adventure, Lake Hopatcong, to name a few. Also this year we are offering horsebackriding, tennis and sewing lessons.

In order to offset some of the cost, a fee of \$10.00 will be charged for the first child and \$15 families with more than one child.

The program will run from July 9th thru Aug. 29th, 1986. The hours are from 8:30 A.M. to 3:30 P.M.

Eladio Negron

Newark Public Library

A Nation of Immigrants: A Salute to the Statue of Liberty

An exhibit on the Statue of Liberty Centennial, Ellis Island, and immigration will be on view in the 2nd floor gallery of the Library's main branch at 5 Washington Street. It includes books, photographs, prints, sheet music, and artifacts. Materials are from the divisions of Art and Music, General Reference and Collections, Junior Room, and New Jersey Reference. The exhibit opens June 27 and runs through September 30.

Springfield Branch Library is now open. Hours are Monday through Friday 9:30 a.m. to 5:00 p.m.

Special Summer '86

The Library is THE place for children during the summer! Activities galore at Springfield Branch. For details of daily events and to schedule groups, please call 733-7819.

Medicare assignment, physicians' and hospital billing, and similar health care cost issues.

Please make the toll free number 1-800-624-4739 available to older adults and other service providers in your area.

NCC Strutters

The N.C.C. Strutters did a fine job at the N.C.C. Spring Festival where they performed precision drills for an appreciative audience composed of friends and residents of NCC, as part of the entertainment for the day.

They were terrific!

Many hours go into training a drill team such as this and we would like to thank especially drill leaders Wanda Dozier and Anthony Harris who coached them so faithfully.

The drill team also deserves much credit for working so hard to get all those intricate steps together, and we'd like to mention the members by name. The team includes: Shanee Dozier as mascot, Wanda, Qamar Muhammad, Rahmana Muhammad, Janice Thompson, Nancy Peterson, Veronica Peterson, Wanda Peterson, Akilah Stiles, Mesla McKenize, Cherise Thomas, Nugey Price, Tracey Carter, Knishon Sims, Sharonda Parker, Lakisha Anderson, Shirene Smith, Delia Minor, Mitchell Ransome, Tracey Thompson, Lisa Austin, — Co-Captain, Aliyah Austin, Hope Cox, Lavette Miller, Monica Grier, Anthony Harris, Tyrone Dozier and Sonja Sheffield.

Well done, ladies and gentlemen.

Sheila Washington

Associated Youth Coordinator

Babyland Summer Enrichment Program

Babyland is concerned not only for pre-school children in its day care centers but also for the welfare of school-age children. Its focus is to better the lives of all children and provide for them the best opportunity possible to face a challenging world.

Through its Summer Enrichment Program located at St. Rose of Lima School, Babyland reaches a group of children between 5 and 12 years of age and offers them experiences they might not otherwise be able to enjoy and profit from.

This year Babyland has hired three (3) New Jersey certified teachers, enabling them to include reading, math and computer education in their program.

The 1986 season promises to offer more trips, more learning and more fun! Some of the planned recreational activities include: volleyball, tennis, hiking, barbeques, nature study, horseback riding, swimming, fishing, hayrides and of course that popular mainstay arts and crafts.

The program runs from June 23 through August 29th, Monday through Friday between the hours of 8:00 A.M. and 5:00 P.M.

Tuition is \$40.00 per week, but discount rates are available.

Registration can be made at 3 locations: St. Rose of Lima School, 540 Orange St.; 2) Babyland I, 755 South Orange Ave, or 3) Babyland III, 200 South Orange Avenue. The \$20.00 registration fee includes a summer program package (with a T-shirt and some surprises).

Why not GUARANTEE your child's fun for the summer and register NOW!

For more information call 399-3400.

NC Manor Seniors Plan Summer Fest

Summer is a time of parties, feasting and outdoor affairs. N.C. Manor Senior wants to do something special this summer.

Every year N.C.C. celebrates their anniversary with a two day event, the N.C.C. Festival. This affair is held in the South Orange area. The seniors at Manor decided it would be nice to hold a similar affair in the Orange St. or Roseville area, and are calling it "545 First Annual Summerfest" because of Manor's location at 545 Orange St. A lot of people are pitching in to make this a success. They hope it will be fun and entertaining for not only the Manor residents, but also the community.

The rear parking area at Manor will be converted into a mini-fairground with a flea market, games, food and musical entertainment and many other surprises!

Summerfest is being sponsored by the Tenants Association of 545 and they look forward to your support in making this a smashing affair.

Remember, come and join the fun on Friday, August 1st and Saturday, August 2nd. The time will be from 12 noon until 6 P.M.

Joyce Holmes
Social Services

NC Roseville

One South 8th St. Club gave a celebration for Sister Hortensia who is leaving for Baltimore Md., and our special guests were Ms. B. Hagler, Ms. Essie Jordan, Miss L. Barnes and Ms. G. Newsome. There was singing of many beautiful songs and many words of praise for sister. Refreshments were also served.

Ms. Illa Barnes was responsible for this great affair. We will miss Sister Hortensia very much.

Ms. Annie Micklow

Keep Up The Good Work!

Did you ever want a carton of milk or a can of sardines but found it too far or too hot to go to the store? Well, our seniors at N.C.C. are rather fortunate; each of the 6 senior buildings are equipped with a concession stand. Just as important are the 6 assigned store managers who make sure the whole operation runs smoothly. N.C. Associates (180) is run by Mrs. Frances Henderson who has held this position for almost 3 years. N.C. Commons (140) was fortunate in having Mrs. Lillian Godfrey step in about a year ago to keep those residents and the men in the kitchen going. NC Manor Senior (545) has Mrs. Ethel Clark, a resident who once owned several businesses herself, and who has a very busy schedule as Building President and Library Chairperson. She's been with us about 3 years. N.C. Gardens recently lost a fantastic manager and most pleasant individual, Mr. Sam Farrar. He was asked to do something else which also serves his fellow residents, drive the NCC Medical Transport van. Being the kind hearted and trustworthy person he is, Mr. Farrar moved from the concession to the drivers seat. We thank him for all his help and wish

Newton Street School Conducts Star Search '86

Star Search '86 was held at Newton Street School on June 5, 1986. Approximately seventy-five students participated in the show. Students performed in the following categories: singing, dancing, drama,

modeling, drill team and instrumental music. All of the performers devoted much of their time and effort to contribute to the great success of the show. Many of the students displayed their exceptional talents for



(top) Newton Street School's version of the Super Bowl Shuffle got a tremendous round of applause. (below) Two dainty dancers perform with charm and grace.

all to see. The 'rappers' developed original raps concerning the importance of education. The participants in the drama category designed skits dealing with their perceptions of everyday life.

Staff members Mrs. Place, Mrs. Pollock, Mrs. Mills and Mrs. Mattison served as judges. They scored the students' performing abilities on showmanship, originality, poise and creativity.

The winners from each category were presented medals at Newton Street School's award ceremony held on June 23rd. We are proud of our students and teachers involved in Star Search '86'.

Special thanks to Mrs. Worthington (crisis teacher) and Ms. Pelote (6th grade teacher) for directing the show. Also, thanks to Mr. Lewis, Ms. LeBron, and Ms. Lassen for contributions of scenery, photography, and programs.



Many Personalities Make World Work Babyland In-Service Popular

On Saturday June 7, 1986 Babyland employees attended an in-service training session at Babyland III. After coffee and pastry Mrs. Smith, Executive Director, gave the opening remarks for the day. Ms. Beverly Dunn, supervisor of Babyland II, offered a warm-up exercise to help us attune ourselves to the day's goal which was to identify and appreciate various personalities in the work setting. The training session was directed by Ms. Barbara Hetzel who is the coordinator of leadership for youth ministry in the Archdiocese of Newark. Ms. Hetzel helped us toward the achievement of personality identification through the use of the Meyers-Briggs Type Indicator.

First each employee took the Meyers-Briggs Personality Inventory, and discovered their personality type. Ms. Hetzel explained that each type approaches life from a different perspective. She noted, for example, that extraverts talk while they think and introverts think before they talk. As she explained each type it could be

seen that no one personality type is sufficient by itself. There are those who are the idea creators and those who enjoy planning the details for those ideas.

We then applied a problem solving model while in small groups arranged according to the various Babyland centers. Each group thought of a potential or actual problem in the work setting and, through the application of the model, used the strengths of each personality to solve that problem.

Ms. Hetzel did such an excellent job that some employees asked her to come to their various church and school settings. She was even asked to come back to us every month to develop what she presented on Saturday. Finally the employees did a personal evaluation of the day and left singing along with Whitney Houston: "To love yourself is the greatest love of all."

Thanks to all who made it such an enjoyable day!

Sister Clare Elton

NOW, THERE IS HELP THE ESSEX COUNTY FAMILY VIOLENCE CENTER



24 HOUR HOT LINE CALL ANYTIME

Sister Clare Terrance: Religion In Action

As the new Religious Education Coordinator for three separate groups in St. Rose Parish this school year, Sr. Clare Terrance had a sizeable task before her. But we all know that good things come in small packages, and Sister is no exception. Her presence made a difference to the St. Rose students, the public school students attending C.C.D. classes and the Adult Religious Education students studying to be baptized into the



Sr. Clare Terrance

Roman Catholic faith, all of whom were under her care.

The instruction classes for adults were advertised in the bulletin and people were invited to get in touch with her if they wanted to study to become Catholic or if they knew others who wished to be baptized into the faith. Sister remembers going to Father Linder in late August to ask "Where do people come from? We've been advertising all summer and no one has called." Then three called and two more and there were **five adults** for baptism this year. One was a former pupil at St. Rose's who is now in her thirties and whose family has no Catholic members.

As part of her program Sister also contacted the parents of all children

with a Catholic background and found that eight children had never been baptized. "I think some parents today, wait," she said thoughtfully, reflecting the changing times in her puzzled tone. "I don't know why they do that," she pondered.

Happiness and pride entered that same voice as she noted she was "amazed at the First Communion Class of 70" which St. Rose enjoyed this year. "That's a large number," she commented, pointing out that the class is usually only 45 or 50. First Communicants were from both public and parochial schools and from grades 2 to senior high school.

The Confirmation class was not far behind with 65 in its ranks. "I think they're the best. They really committed themselves ... and you see them around. Several have asked if they could help with C.C.D. I guess they're ready for a commitment," she finished. Confirmation is a time when a person really makes a choice, she feels.

One of the highlights of the confirmation program was an all night retreat held at St. Rose. It was helpful because it was designed to mix up the participants and ended up introducing students from both public and Catholic schools to one another. After a half-hour get acquainted time they were grouped at random and given tasks to accomplish which focused on unity and cooperation leading to success.

They also had to evaluate their own gifts and listen while others added to their list the gifts they also saw in that person (such as good artist, speaker, etc.). A movie and discussion whiled away the wee hours until at dawn a prayer service was held in the serenity of the garden behind St. Rose. Each participant received a wooden cross as a remembrance.

Sister remembers drinking a lot of coffee to keep up with her charges and was grateful to have the assistance of Sr. Mary Joan Fries and Father Mariano Coba for the event.

Another part of her program that went especially well she felt was her

work with the "little ones" as she calls them from grade K - 2. Now everyone knows the energy in this group, so before allowing them to attend Mass as the older students did, Sister invited them to special children's liturgies, or actually paraliturgies, in the auditorium, for they didn't go to church for Mass until November.

There they learned "church manners" since they were not used to going to church; and they were taught how to respond to the prayers said by the priest at Mass. It was a privilege therefore to be "allowed" to attend Mass on All Saint's Day.

In all her endeavors, Sister had the help of Miss Emily Ross who "made my job easier." Emily helped with music and staging and Sister found her "pleasant" and "beautiful" as

tions she asks about the religious life of the family no matter what religion they are. Parents also need to be listened to.

She still sees some of the people who she served while in Social Services and has told them "If they need me, they can call on me." On the day of our interview she had just accompanied one lady to the hospital for eye surgery and would bring her home. Many residents are alone in life and need to know someone is there for them and cares.

Sister Clare comes from New Orleans, and is one of six children. She will have been an Oblate Sister of Providence for 39 years in September and has a degree in elementary education and a Master's in Guidance and Counseling. She felt her vocation began as a sophomore in



Sister Clare shares her faith with students.

they worked together.

There are two things Sister Clare would like to do more of next year and those are counseling and home visitations. "I was just getting my feet wet this year," she said modestly and felt there were two areas of great need. "Children have a lot of problems," she told me with feeling, and she would like to help. On home visita-

high school when a retreat she made "got me thinking about religious life." A Blessed Sacrament nun gave her material about it. Knowing she was an Oblate nun I asked how that nun felt when she did not go in the Blessed Sacrament Order. Sister quietly explained that she could not have gone in that order at that time — she had to enter a black order.

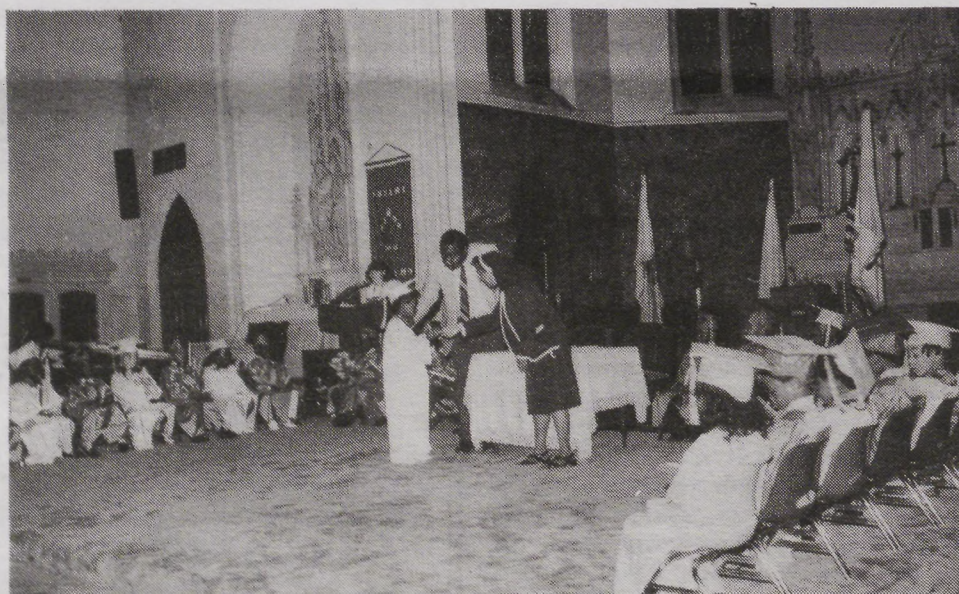
On To Grade School

The certificate reads that the bearer... "has successfully acquired the readiness skills in Kindergarten required for graduation, and is hereby awarded this Diploma on this 17th day of June 1986." Some twenty-six Kindergartners marched in procession into St. Rose of Lima Church to begin their first step toward grade school. In the short but impressive program, the graduates received their diplomas and awards of merit.

At the 10:30 a.m. ceremony, Sr. Clare Terrance, O.S.P., Religious Education Coordinator for St. Rose of Lima Parish, spoke first to the graduates and then to the parents. "Remember two important things," she said to the 5 year olds. "You are to obey your parents, teachers, and elders; and, when you do wrong, you can always say you're sorry to your Father in heaven." She reminded the parents that they gave their children a good start and that they should, by

their love, continue to encourage their children to succeed. Most of the

graduates will enter the first grade at St. Rose of Lima in the fall.



St. Rose principal Art Wilson and Sister Clare hand a "diploma" to a proud new kindergarten graduate.

It is a credit to the Church in the Modern World that today that would not be so.

Sister tells me she senses stirrings toward a vocation in some of the people she has met this year — and you can be sure they will get some material about religious life from her to light the spark of their vocation if it is there.

Let's hope many more workers like Sister Clare enter the vineyard of the Lord to bring His Good News to all people.



United Way